



PRESCRIPTION DRUG

ABUSE IN MICHIGAN IS REAL

IT'S DANGEROUS

AND IT'S GROWING

THE PROBLEM

Every day, thousands of people nationwide use a prescription drug to get high for the first time. They're accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet. And it's happening right in your community.

BE THE SOLUTION

The good news - there are steps you can take to help prevent prescription drug abuse:

- Safeguard all drugs at home. Monitor quantities and control access. Take note of how many pills are in a bottle or pill packet, and keep track of refills.
- Set clear rules for teens about prescription drug use:
 - Do not share prescription drugs prescribed for you.
 - Do not use drugs prescribed for someone other than you.
 - Always follow the medical provider's advice and dosages.
- Be a good role model by following these same rules with your own medicines.

- Properly conceal and dispose of old or unused drugs.
- Ask friends and family to safeguard their prescription drugs as well.
- Talk to teens and young adults about the dangers of prescription and over-the-counter drugs. These are powerful drugs that, when abused, can be just as dangerous as street drugs.

Learn more at: michigan.gov/doyourpart

DO YOUR PART

BE THE SOLUTION

Office of Recovery Oriented Systems of Care
Behavioral Health and Developmental Disabilities
Administration
Michigan Department of Community Health
Phone: [517-373-4700](tel:517-373-4700)
Email: mdch-bhdda@michigan.gov
Website: michigan.gov/bhrecovery